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HOUSEKEEPERS' CHAT

Monday, November 14, 1932

3Hh

(NOT FOR PUBLICATION)

Subject: "A Thrifty Fruit." Information approved by the Bureau of Home Economics, U.S.D.A.

--ooOoo--

No season in the year is pleasanter to me than the time when apples are ripe again. The first song of the birds in spring, the first violet in the garden, or the first anything else that the poets sing about -- none of these brings me quite the pleasure that comes with the fall apples, -- tart, juicy and firm as they always are.

Apples have long been popular fruits with the human race. Since that far-back day when Eve ---

But I'm not going to tell that first apple story all over again. I'm just referring to it to illustrate what favorites apples have been since ancient times. Even that wise old man Solomon said his say in favor of apples. Do you remember that he once exclaimed, "Comfort me with apples"? A nice idea, I've always thought, to turn to apples for comfort, especially if the apples are nice and plump and juicy as I'm sure those that Solomon ate were.

According to the history books, apples have been cultivated in Great Britain since the times the Romans were there. The names of many of the older varieties indicate a French or Dutch origin. Even back in the old days farmers were cultivating apples of many different kinds just as they are today. An old list published way back in 1688 by a man by the name of Ray gives 78 varieties that were being raised then. Today I'm told that there are over 200 varieties.

As for geography, apples grow pretty generally all over the temperate zones of this world. You'll find apple trees way up in Norway and way down at the Cape of Good Hope. You'll find them in most parts of Europe, in Asia and Australia. Yes, the people up in northern India and China like apples just as much as the French and the English and the Spanish and the Americans do.

But in spite of the apple's fame and popularity and long use, many of us haven't realized its possibilities in our menus. It is in general such an inexpensive and easy-to-keep fruit, it combines with so many other foods and can be cooked in so many different ways, that it deserves to be used much more frequently than it is. To most of us, you know, apples stand for just about three things -- the traditional pie, and sauce, and cider.

But that is just the beginning of the apple story. Apples make many good first course dishes and ever so many delicious salads. As for desserts --- there are many different apple puddings, made with rice or tapioca or gelatin or eggs. Then, apples can be used in cake or shortcake, or as a basis for fruit beverages or frozen desserts.

And among the preserves there's apple jelly, apple butter, apple conserve, apple chutney and so on. While you're making apple jelly, better flavor some with mint, all ready to go with roast lamb and lamb chops you'll be serving next year.

Now as to using raw apples. The fairly firm texture of the raw apple combines best with celery, nuts, pineapple and other foods of similar quality. That's why apples are so good in salad and in fruit cocktails and appetizers. And when you eat apples raw, you know you're getting their food value undisturbed.

Cooked apple blends well with soft materials, such as other cooked fruits or rice or tapioca or doughs of various kinds. Though the flavor varies in different apples, it is generally mild and usually tart.

For this reason, apples make excellent extenders of other fruits that are more expensive and less plentiful. They may be combined in season with plums, peaches, or blackberries to make all sorts of good things like jams, marmalades, jellies and butters. Because apples are rich in pectin, a good jelly can be made by combining apple juice with the juice of some fruit lacking in pectin. If you happen to have some apples that are lacking in flavor, another fruit juice may be used with them to supply the flavor.

If you agree with Eve and Solomon and all the other people who have a fondness for apples, you'll be pleased to know that there are 20 apple recipes in your green cookbook, besides two recipes for using apple juice or cider. And there are five different dishes described for using apples with the main course of the meal. Try a nice dish of apples and bacon some night, or apples and carrots, or apples and onions.

Our inexpensive Monday menu is: Frizzled chipped beef; Scalloped potatoes or macaroni; Cold slaw with chopped green pepper; and for dessert, Apple Sauce cake, serve piping hot.

Tomorrow: "Houseplant Enemies."